

New Knowledge Adventures Presents:

Hypnosis for Universal Pain Management

Seminar #4:

Aladdin's Lamp: Lessons on How to
Format Structured Autosuggestions

Course Materials

- All course materials are available on our website
- www.NarrowGateAlliance.org
- Login Information:
 - UserID: hypnosisupm
 - Password: pa1nfr3e

Review of Seminars 1, 2 & 3

- 1) The 2 Basic Skill Sets, the 5 Basic Skills, and the 2 Basic Explanatory Models
- 2) Dualist - Interactionism
- 3) The Danger of Gurus
- 4) Ideo-Dynamic Communication (IDC)

Review of Seminar 1

- The 2 Skill Sets
 - Skill Set 1: Muscular Relaxation
 - Skill 1: Progressive Muscular Relaxation
 - Skill 2: Differential Muscular Relaxation
 - Skill Set 2: Basic Hypnosis = Relaxation + Suggestion
 - Skill 3: Ideo-Dynamic Responses to Suggestion
 - Skill 4: Appropriating Your Own Space
 - Skill 5: Autosuggestion [Waking Suggestion]
- The 2 Explanatory Models
 - Edmund Jacobson – The Jacobson Effect
 - Emile Coué - Autosuggestion

Review of Seminar 1 - Explanatory Models

- Edmund Jacobson and the Jacobson Effect
 - Every thought is accompanied by a muscular contraction
 - Every muscular contraction is accompanied by a thought
- Emile Coué and Autosuggestion
 - Waking suggestion is as powerful as formal hypnosis
 - Autosuggestion is easier than formal hypnosis

Review of Seminar 2

- Part 1: Introduction to the Elements of 'Reality'
 - Demonstration 1: Basic Relaxation
 - VAPMR Exercise
 - Demonstration 2: Self-Directed Visualization
 - Appropriating Space Visualization Exercise
 - Demonstration 3: Guided Visualization
 - Beach Walk Visualization Exercise
 - Demonstration 4: Guided Tour of the Elements of 'Reality'

Review of Seminar 2 (Cont.)

- Part 2: Brief history of the philosophical and scientific investigation of the nature of 'Reality'
 - Plato
 - Siddhartha Gautama – The Buddha
 - Aristotle
 - Descartes
 - The Alchemists
 - Edmund Husserl
 - Karl R. Popper and John C. Eccles

Review of Seminar 2 (Cont.)

- EEG Brain-Wave Patterns
 - Delta
 - Theta
 - Alpha
 - Beta
 - Gamma

Review of Seminar 2 (Cont.)

- Part 3: Hypnosis and Interactive Dualism
 - If there are two distinct but interactive substances, then
 - The two substances can be detached from one another [EEG Theta State]
 - The two substances can be synchronized with one another [EEG Alpha State]
 - The two substances can be coordinated with one another [EEG Beta State]
 - The two substances can be unified with one another [EEG Gamma State]

Review of Seminar 2 (Cont.)

- Detachment Methods [EEG Theta State]
 - Seated Meditation
 - Hypnosis
 - Waking Theta State from Synchronized Alpha State
- Synchronization Methods [EEG Alpha State]
 - Yoga
 - Seated Meditation
 - Hypnosis

Review of Seminar 2 (Cont.)

- Co-Ordination Methods [EEG Beta State]
 - Structured Autosuggestion
 - Mindfulness
- Co-Ordination and Unification Methods [EEG Gamma State]
 - Tai Chi
 - Martial Arts
 - Walking Meditation
 - Athletics in general

Review of Seminar 2 (Cont.)

- Co-Ordination and Unification Methods
[EEG Beta and Gamma States]
 - Tai Chi
 - Martial Arts
 - Mindfulness
 - Walking Meditation
 - Athletics in general

Online Versions of JC Eccles

- Quantum Aspects of Consciousness
 - <http://www.pnas.org/content/89/23/11357.long>
- Evolution of Consciousness
 - <http://www.pnas.org/content/89/16/7320.long>

Review of Seminar 3

- Part 1: The Dangers of 'Gurus'
 - Anatomy of an academic fraud – don Juan Matus and Carlos Castaneda
 - The Guru has no clothes – Chögyam Trungpa
 - Nonsense from the Astral Plane - Urantia
 - Sex in the City - Jiddu Krishnamurti, Bishop C. W. Leadbeater, and the Theosophical Society
 - Brilliant analysis from a flawed scholar - Martin Heidegger
 - Nonsense analysis from a brilliant scholar - Carl G. Jung

Review of Seminar 3 (Cont.)

- Part 2: Ideo-Dynamic Communication
 - Additional pathways to the Unconscious Mind
 - The History of Ideo-Motor Action
 - The Chevreul Pendulum Illusion
 - Ideo-Dynamic Finger Signals
 - Behavioral Kinesiology and the limits of IDC

Q and A

Review of Seminars 1, 2 & 3

Overview of Seminar 4

Aladdin's Lamp: Lessons on How
to Format Structured
Autosuggestions

Overview of Seminar 4

- Part 1: Aladdin's Lamp
- Part 2: Maslow's Hierarchy of Needs
- Part 3: Expectancy Sets, IDC and Structured Autosuggestions
- Homework
- Final Q & A

Part 1: Aladdin's Lamp

Lessons on Wish-Formation

Aladdin's Lamp

- The Fable of 'Alā ad-Dīn from Scheherazade's *Tales of One Thousand and One Nights* which she told to King Shahryār in order to prolong her life
 - King Shahryār, in order to prevent his wives from dishonoring him through infidelity, would marry only virgins, 'deflower' them on their wedding night, and then execute them in the morning

Aladdin's Lamp (Cont.)

- King Shahryār soon ran out of virgins to marry
- Scheherazade, young daughter of the King's Vizier, volunteered to marry King Shahryār to save her father's life
- She began her first tale on their wedding night, but did not complete the tale, forcing the King to postpone her execution

Aladdin's Lamp (Cont.)

- 'Alā ad-Dīn means "Nobility of Faith"
- Aladdin, in the tale, is granted several 'wishes' by a powerful Djinn
- 'Djinn' is an Arabic word meaning 'hidden'

Majlis al-Jinn - The Gathering Place of the Djinnī

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Located on the
Selma Plateau
in Oman



Aladdin's Lamp (Cont.)

- There are many warnings in the literature about dealing with Djinnī
- The most important warning is:

ONE MUST SELECT ONE'S WISHES
VERY CAREFULLY!

Aladdin's Lamp (Cont.)

- Rules for Selecting Safe Wishes for your Djinn
 - 1) Based on Needs, not Wants
 - 2) Obtainable
 - 3) Sharable
 - 4) Renewable
 - 5) Harmless to Others
 - 6) Self-Congruent
 - 7) Does not violate the 'Law of Polarity:'
 - "If A is created, Not-A will also manifest."
 - Is the wish a Zero-Sum Outcome?

Class Discussion

Aladdin's Lamp and the Rules for
Selecting Safe Wishes

Part 2: Maslow's Hierarchy of Needs

How to Tell the Difference
Between a 'Need' and a 'Want'

Maslow's Hierarchy of Needs

- Abraham Harold Maslow (1908 – 1970)
 - Professor of Psychology at Columbia University, NYC and Brandeis University, Boston
 - Founder of Humanistic Psychology School
 - Emphasis on growth, development, evolution, instead of on psychopathology
 - Studied the lives of geniuses to discover their psychological profiles
 - Discovered Self-Actualization and Peak Experience

Maslow's Hierarchy of Needs (Cont.)

■ Self-Actualization

- Kurt Goldstein – “The motive to achieve one’s full potential is the primary drive of the human organism.”
 - *The Organism: A Holistic Approach to Biology Derived from Pathological Data in Man. (1939)*
- Carl R. Rogers – “Man’s tendency to actualize himself is the primary curative force in psychotherapy.”
 - *On Becoming a Person: A Therapist’s View of Psychotherapy. (1961)*
- Abraham H. Maslow – “The Hierarchy of Needs”
 - *A Theory of Human Motivation. Psychological Review. 1943 Jul;50(4):370-396*

Maslow's Hierarchy of Needs (Cont.)

- Peak Experience

- A transpersonal or ecstatic state characterized by feelings of euphoria, harmony, unification, and interconnectedness
- Developed by Maslow from his research on genius
- All of his subjects reported several peak experiences during their lifetimes

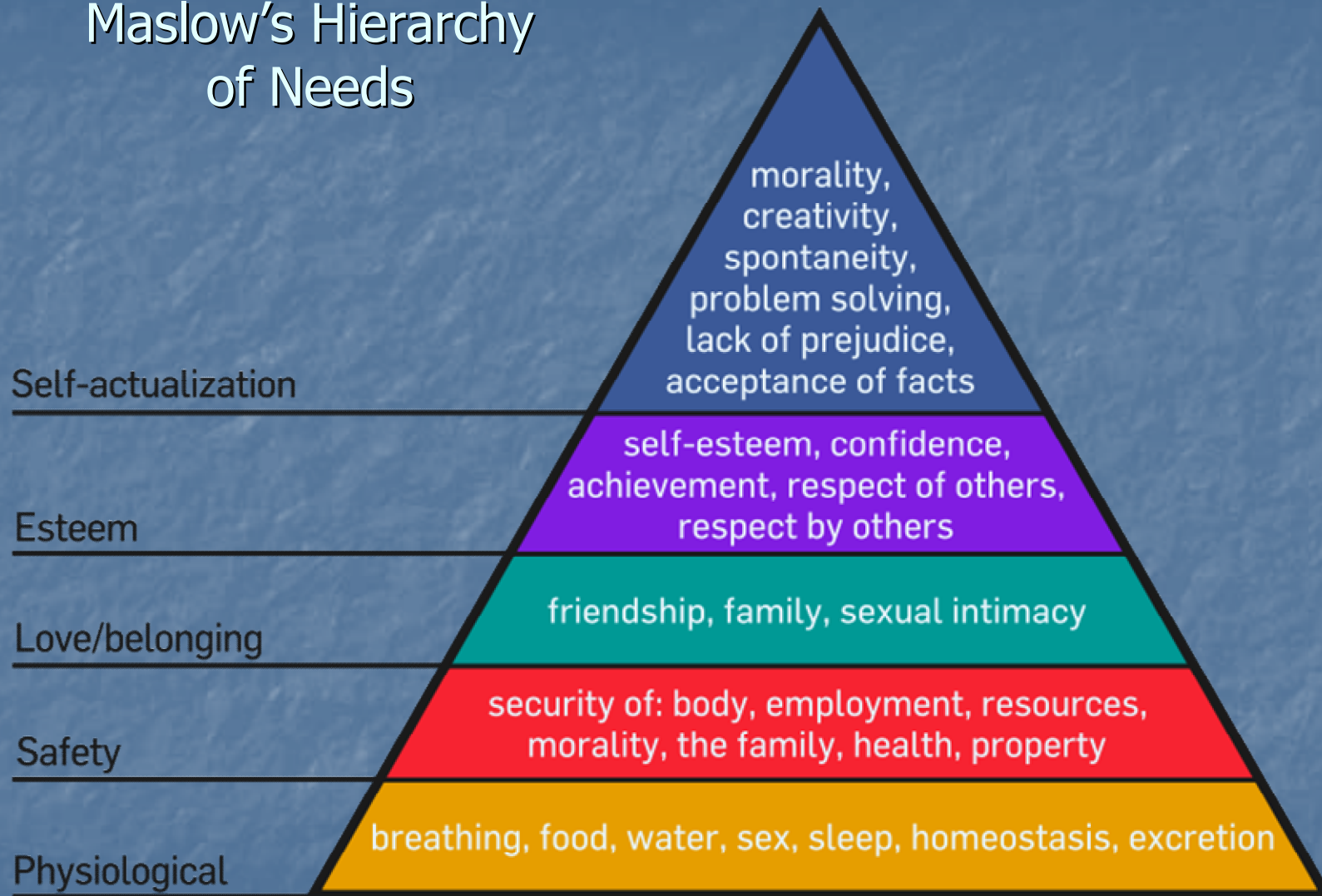
Maslow's Hierarchy of Needs (Cont.)

- Peak Experience (Cont.)
 - Precursor in William James. (1902). *The Varieties of Religious Experience*
 - First discussed in Maslow. (1964). *Religion, Values and Peak Experiences*.
 - "Peak experiences are transient moments of self-actualization."
 - Maslow. (1971). *The Farther Reaches of Human Nature*.

Maslow's Hierarchy of Needs (Cont.)

- Peak Experience (Cont.)
 - “Lengthy, willful, induced peak experiences are described as a state of witnessing or cognitive bliss, the achievement of which requires a lifetime of long and hard effort toward self-actualization.”
 - Maslow. (1964) *Religion, Values, and Peak Experiences*.

Maslow's Hierarchy of Needs



Maslow's Hierarchy Checklist

- Level 1: Physiological Needs
 - Breathing
 - Water
 - Food
 - Sleep
 - Sex
 - Excretion
 - Homeostasis

Maslow's Hierarchy Checklist (Cont.)

- Level 2: Safety and Security Needs
 - Security of Body
 - Security of Employment
 - Security of Resources
 - Security of Morality
 - Security of the Family
 - Security of Health
 - Security of Property

Maslow's Hierarchy Checklist (Cont.)

- Level 3: Love and Belonging Needs
 - Family
 - Friendship
 - Sexual Intimacy

Maslow's Hierarchy Checklist (Cont.)

- Level 4: Esteem Needs
 - Self-Esteem
 - Confidence
 - Achievement
 - Respect of Others Needs
 - Respect by Others

Maslow's Hierarchy Checklist (Cont.)

- Level 5: Self-Actualization Needs
 - Morality
 - Creativity
 - Spontaneity
 - Problem-Solving
 - Lack of Prejudice
 - Acceptance of Facts
 - Peak Experience

Class Discussion

Aladdin's Lamp
and
Maslow's Hierarchy of Needs

Part 3: Expectancy Sets, IDC and Structured Autosuggestions

How to Format a Proper Wish in
the Form of a Structured
Autosuggestion

Expectancy Sets

- The Placebo Effect

- A 'placebo' [from the Latin *placere*, meaning 'to please'] is a substance or procedure that is without specific activity for the condition being evaluated
- The Placebo Effect is defined as the psychological or psychophysiological effect produced by a placebo
- Shapiro and Morris. (1978). *The Placebo Effect in Medical and Psychological Therapies*. In Garfield and Bergin (Eds.). (1978). *Handbook of Psychotherapy and Behavior Change*, Second Edition (pp. 369-410).

Expectancy Sets (Cont.)

- The Placebo Effect (Cont.)
 - Henry K. Beecher. (1959). *Measurement of Subjective Responses: Quantitative Effects of Drugs*. New York: Oxford University Press.
 - Same placebo, but different expectancies:
 - As good as aspirin = aspirin effect
 - As good as codeine = codeine effect
 - As good as morphine = morphine effect
 - Average of 72% of all drug effects are placebo effects
 - Low of 39%, High of 92%

Expectancy Sets (Cont.)

■ The Placebo Effect (Cont.)

- Pressner and Savitsky. (1977). *Effect of Contingent and Noncontingent Feedback and Subject Expectancies on Electroencephalogram Biofeedback Training*. Journal of Consulting and Clinical Psychology. 1977 Aug;45(4):713-714
 - Subjects led to expect a positive experience reported significant reductions in anxiety during the feedback training

Expectancy Sets (Cont.)

- The Placebo Effect (Cont.)
 - R. Crow, et al. (1999). *The Role of Expectancies in the Placebo Effect and Their Use in the Delivery of Health Care: A Systematic Review*. Health Technology Assessment. 1999 Mar;3(3).
 - Comprehensive analysis of expectancies in the placebo effect – 47,600 references at the time
 - 5 types of expectancies

Expectancy Sets (Cont.)

- The Placebo Effect (Cont.)
 - 5 types of expectancies
 - Process expectancy
 - Positive outcome expectancy
 - Negative outcome expectancy
 - Interaction self-efficacy
 - Management self-efficacy

Expectancy Sets (Cont.)

- The Placebo Effect (Cont.)
 - Ernest L. Rossi. (2002). *The Psychobiology of Gene Expression: Neuroscience and Neurogenesis in Hypnosis and the Healing Arts*. New York: W. W. Norton & Company.
 - Dr. Rossi speculates that the placebo effect is mediated by the effect on gene expression of mental events

Structured Autosuggestions

- Structured Autosuggestions Combine:
 - Coue's Autosuggestions
 - Expectancy Sets
 - Maslow's Hierarchy of Needs
 - Aladdin's Rules for Wishes
 - Ideo-Dynamic Communication

Structured Autosuggestions (Cont.)

- Step 1: Select An Introductory phrase
 - 'Every day, in every way....'
 - 'I would like...'
 - 'I need...'
 - 'I affirm...'
 - 'I command...'
 - 'I demand of the Universe...'
 - 'I wish...'
 - 'Dear God...'

Structured Autosuggestions (Cont.)

- Step 2: Define the expectancy
 - First: Describe the outcome you desire
 - Use positive language
 - Say 'I will become more slender' rather than 'I will lose weight.'
 - Playground: 'Hold on tight!' rather than 'Don't Fall!!!'
 - Be precise
 - Be concrete
 - Use Visual, Auditory, and Kinesthetic descriptions

Structured Autosuggestions (Cont.)

- Step 2: Define the Expectancy (Cont.)
 - Second: Describe the actions you will take to achieve the outcome
 - You can include any action, even if its not related to the outcome
 - Include any of the 5 types of expectancies that you will employ
 - Process, Positive, and Negative Expectancies
 - Interaction and Management Self-Efficacy
 - Third: Describe a time-frame for achieving your outcome
 - Beginning, Ending, Milestones

Structured Autosuggestions (Cont.)

- Step 2: Define the Expectancy (Cont.)
 - Fourth: Describe the methods you will utilize to determine when you have achieved the outcome
 - Measure it
 - Watch for it
 - Wait for someone to mention it
 - Etc.

Structured Autosuggestions (Cont.)

- Example Structured Autosuggestion
 - Every day, in every way, I am getting stronger and stronger because I am lifting more weight with more reps on a split routine every Monday, Wednesday and Friday, and because I am watching Star Trek DVDs. I will be able to bench press twice my body weight for 6 repetitions by August 1, 2012.

Structured Autosuggestions (Cont.)

- Step 1: Introductory Phrase
 - “Every day in every way...”
- Step 2: Define the Expectancy
 - First – Define Outcome: “I am getting stronger and stronger...”
 - Second – Describe Actions: “Because I am lifting more weight for more repetitions...and because I am watching Star Trek DVDs...”

Structured Autosuggestions (Cont.)

- Step 2: Define the Expectancy (Cont.)
 - Third - Describe a Time-Frame: "Split routine every Monday, Wednesday and Friday – Results by August 1, 2012"
 - Fourth – Determine when you're done: "I will be able to bench press twice my body weight for 6 repetitions by August 1, 2012"

Structured Autosuggestions (Cont.)

- Step 3: Use Maslow's Hierarchy to confirm that your expectancies are 'Needs' and not 'Wants'
 - First, get your 'needs' in order
 - Then you can begin to expect 'wants'

Structured Autosuggestions (Cont.)

- Step 3: Maslow's Hierarchy (Cont.)
 - Example: Muscular Strength is a component of all 5 levels of the Hierarchy
 - Level 1: Breathing, Homeostasis, Excretion, Sleep, and Sex
 - Level 2: Security of Body, Health and Property
 - Level 3: Friendship, Sexual Intimacy
 - Level 4: Self-esteem, Confidence, Achievement, Respect by Others
 - Level 5: Peak Experience

Structured Autosuggestions (Cont.)

- Step 4: Use Aladdin's Rules for Wishes to confirm that your expectancies are ethical and won't tempt the Djinn...😊
 - Our Example is:
 - 1) Based on needs, not wants
 - 2) Obtainable
 - 3) Sharable
 - 4) Renewable
 - 5) Harmless to Others
 - 6) Self-Congruent
 - 7) Is not a Zero-Sum Outcome

Structured Autosuggestions (Cont.)

- Step 5: Use IDC to confirm that your expectancies are self-congruent
 - The Chevreul Pendulum – get a 'yes' response
 - IDC Finger Signaling – get a 'yes' response
 - Behavioral Kinesiology – get a strong muscular response

Class Discussion

Formatting Proper Wishes –
Expectancy Sets, IDC and
Structured Autosuggestions

Homework

- Continue to Practice Your Basic Skills
 - VAPMR
 - At least twice per day
 - After you are relaxed, then practice:
 - Differential Muscular Relaxation
 - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
 - Ideo-Dynamic Responses to Suggestion
 - Hot and Cold Hands, Feet, Arms
 - Arms and hands floating
 - Acquiring Your Own Space
 - Create your own Structured Autosuggestions Using the New Format

Homework (Cont.)

- As you practice the five skills, be aware of which elements of the relationships among Soul, Body and World you are altering
- Practice your new Ideo-Dynamic Skills with your new Structured Autosuggestions
 - Chevreul Pendulum,
 - Ideo-Dynamic Finger Signaling
 - Behavioral Kinesiology

Q and A